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urna

vercoming holiday hell

Hangover cures from the pros

Fat a raw potato. It works every time'



Crogan's bartender Tracy Barker serves up a hangover remedy

me for 30 years."

At Kings X, a bar at the corner of Piedmont and Pleasant Valley avenues, part owner John Kumeralas argued that bad drinking habits cause the hangovers.

"Women get the biggest hangovers the next day," he said. "They have to quit drinking those sweet drinks — the banana grasshoppers and the ones with sweet liqueurs. And women switch around.

"They should out off the work."

Salvation Army gives help, hope

ax tips: keeping up on the changing laws

larry Gordon

Basic tax planning

1988 and 1989, there are we tax brackets, 15 percent 8 percent — with some info high-income taxpayers at to a 5 percent add-on, for feetive rate of 33 percent. and number of tax brackets that more taxpayers will the same tax bracket from year.

oyear, hills is your situation, con-taking steps to defer income 1988 to 1989 and to accel-deductions from 1989 to in order to postpone part of ax bill until next year.

Pay in 1988 all bills already ived for expenses rather than tring payment into 1989.

The Montclarion, The Berkeley Voice, The Journal,

and The Piedmonter wish you a **Happy New Year**

Prepay expenses where feasible.

Use credit card charges to accelerate deductible expenses. The IRS says that charitable contributions and medical expenses are deductible when you use your credit card (say in 1988) rather than when you pay the card company (say in 1989).

The standard deduction can create a tax saving opportunity for individuals whose actual deductions are close to the standard deduction (\$5,000 for joint returns, \$3,000 for single people and \$4,400 for unmarried heads of households). Since the standard deduction is available where itemized deductions are less than the standard deduction are less than the standard deduction amount, a bunching strategy will save taxes.

Bunching medical expenses

You can deduct medical expenses only to the extent they exceed 7.5 percent of adjusted gross income. Medical expenses in any single year that don't exceed the 7.5 percent requirement are com-

Bunching miscellaneous deductions

adjustes grown lost.

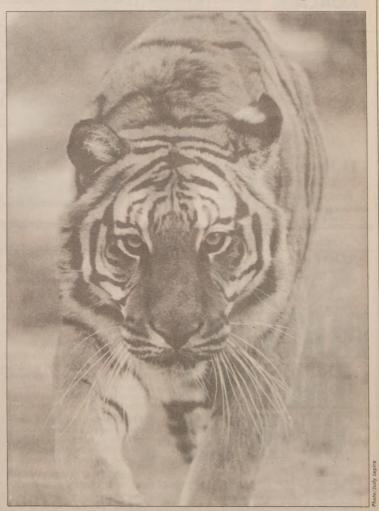
Miscellaneous itemized deductions include: unreimbursed employee business expenses, investment advisory fees, some attorney and accountant fees, safe deposit box fees and tax preparation costs.

Deductions for interest paid on personal loans, like credit card or new car loans, are being phased out. While 65 percent of personal interest was deductible in 1987, only 40 percent can be deducted this year and 20 percent next year.

Because of this change, taxpayers should consider paying off or refinancing their consumer debt. One way to preserve the interest deduction is to refinance personal borrowing with a home equity loan. Interest on up to \$100,000 of such loans can be deducted.

Highlights of 1988 Revenue Act

Oakland Zoo: stalking elusive recognition



After earning valued accreditation and badly-needed financing last fall, the troubled Oakland Zoo is on the path to recovery and respect. See story on page 7.

Volunteers making a difference at Piedmont Garde

An awareness of the needs of others, a willingness to share themselves —such are the qualities of good volunteers, says Charlotte Smith, director of volunteers at Piedmont Gardens Retirement Home on 41st Street in Oakland.

Good volunteers who are dependable and have an interest in or fondness for older people make a difference in the lives of those they help "whether one is praised or thanked or not," she says.

praised or thanked or not," sne says.

A 350-living-unit retirement facility, which also houses a 100-bed convalescent area with a 24-hour nursing staff, Piedmont Gardens has ample opportunities for people who like helping other people.

The home's volunteer program primarily serves those residents who are not completely independent, including both ambulatory and bedridden people who suffer from some form of mental deterioration such as Alzheimer's disease.

When 40 volunteers do? 'First

rioration such as Alzheimer's disease.

What do volunteers do? "First of all," says Smith, "they make a difference in the residents' lives. They provide a one-on-one communication, with no time limit or quota on how many persons to visit or rooms to get to."

Volunteers are there to brighten the day for whomever they visit, whether it's one person or five.

They perform important chores — sewing on a button or doing a bit of mending or letter-writing for people with arthritis problems. They read to those whose eyes are not as keen as they once were, or they might just sit and talk.

With Piedmont Ayenue shon.

talk.
With Piedmont Avenue shopping just around the corner, a resident and a volunteer can share short outings.

All kinds of people

Volunteers are all ages, and represent a variety of lifestyles.

Polly Flinders

Christian

DISNEY

FOG

KOALA

Holy Names College has provided over 300 helpers over the years, and Piedmont High School well over 200. Some volunters are close friends or loved ones of

over 200. Some volunteers are close friends or loved ones of convalescents.

One nine-year resident of Piedmont Gardens, a former nurse, shares four hours a day, while another continues to visit residents even though her own mother has died.

Smith suggests volunteering help and companionship to the elderly is mutually beneficial. A teenager with problems, described as troubled, "began feeling good about herself and is now in college," after serving for a time as a volunteer, Smith said.

High school volunteers handle the activity cart containing books and tapes. Wheeling the cart room-to-room is "a good excuse for a friendly chat," Smith says. "We don't care if the volunteer gets no father than that first room if the resident gets involved in a good conversation."

Talk, she explains, dispels feelings of isolation in the roombound or bedridden.

In the Alzheimer Day Care Center volunteers assist in games, music, walks and gentle exercises.

Great place for babies

One popular volunteer pro-ram got started by accident. One ay a young woman volunteer honed to say her babysitter



Volunteer Ann Loveton shows her daughter Samantha (5 months) to 100-year-old Mabel Main. Director Charlotte Smith and Francis Petray (center) join in the visit



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olunteers...

ture a 100-year-old lady g a 15-week-old baby. Need ore?" says Smith. the rallies her volunteers her monthly newsletters" containing explanations ious problems a volunteer infront, thanks to particular problems a volunteer of the problems avolunteer of the problems avolunteer of the problems avolunteer or in special ways of handling communication problems a elderly.

on special ways of handling fe communication problems he elderly. Voted to her work at Pied-Gardens, Smith describes ustling facility as a place re very floor is a small borhood ... a small town the residents look out for her. I have 450 people gare of me, "Smith says. ring the holidays volunteers em more valuable. They help decorations, aid in the prepon and serving of food at shelp ways gifts, and pera myriad of small tasks, help wrap gifts, and pera myriad of small tasks.



Volunteer Mel Younger (right) assists Reiner Schickdle

Holiday goodies don't have to be dangerous

By Lynda Efros

I've got a cake in the oven. Cake, cholesterol, fat, calories! I'm not baking devil's food. There's just an egg yolk in it and not much fat at all. If it turns out yummy, I'll give you the recipe.

The way I look at it, the holiday season just isn't the same without goodies. As I've pounded into people's heads all year long, these comforting delectables can be prepared high on the fiber and complex carbohydrate side and low on the fats and calories; you know, whole grains, fruits and nuts, the harvest bounty.

I got the following recipe from a wonderful lady I met in a Vista College health class.

Oatmeal Cookies No. 2

Dry Ingredients:

2 cups rolled oats
3/4 cup whole wheat pastry flour
1/2 cup chopped roasted almonds
1/2 tsp. cinnamon

I learned to bake bread in a warm and friendly Berkeley home complete with an array of chirping birds outside the kitchen window. I honed my skills with the help of a famous book from which the following recipe is adapted. Can you guess the title?

Date, Fig or Prune Bars

3 egg whites, 1 egg yolk ½ cup brown sugar

cup chopped dates, figs or prunes ½ cup broken nut meats. dash salt

Beat eggs until light. Gradually bend in brown sugar. Sift together flour, baking powder, salt, cloves, cinnamon and allspice. Add eggs and vanilla. Beat until well blended. Add fruit and nuts. Pour into lightly oiled and floured 9 inch by 13 inch pan. Bake about 25 minutes at 325 degrees.

OK, OK, the name of the book is The Tassajara Bread Book by Edward Espe Brown.

Here's a simple dessert that has Here's a simple dessert that has found its way into the favor of pudding fans, my family and friends. It's not only delicious, but of course, devoid of the additives in store-bought varieties.

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By Matt DeMella

You probably know that black cats and broken mirrors mean bad luck. But did you know that if you do your laundry on New Year's Day, you're risking being cursed with an entire year of hard work?
You should also pay attention

'Today many of us spend New Year's Eve getting drunk and making noise'

to who knocks at your door the morning of January 1, say people living in south-central America's Ozark Mountains. If the first visitor is a woman, a year of bad luck can be expected. On the other hand, a male caller will bring good luck, and many visitors throughout the day also indicate good fortune.

Superstitions like these, as well as America's more standard end-of-the-year practices, have their origin in New Year's rituals from the long-ago past.

Today, many of us spend New Year's Eve getting drunk and making noise. The following day, we watch dull parades and a seemingly-endless chain of college football bowl games on television.

ision.

Observances in the past, however, were different. But the ways in which ancient peoples marked the passage of the old year and the birth of the new are still evident in current celebrations.

Religious historian Mircea Eliade believes that a series of five rites marked the end-of-the-year festivale for primitive man.

festivals for primitive man:

• purgations, purifications, driving off demons

• extinguishing and rekindling

teams
• an interlude of carnival, or an

The first two rites involved abolishing the past so that the observer could meet the new year with a clean slate. Today, our ritual of making New Year's resolutions (usually lasting until sometime in mid-March at best) are an effort in the same direction.

The masked processions, meanwhile, have come down to us in the form of parades, most notably Pasadena's Tournament of Roses. History doesn't reveal whether the ancient spectacles were emceed by Bob Eubanks or not.

were emceed by Bob Eubanks or not.

The modern-day equivalents of Professor Eliade's final rites are unmistakable. In America in the 1980s, the way in which we define New Year's has assumed two principal forms — football on New Year's Day and parties on New Year's Day and parties on New Year's Eve. But for better or worse, the passage from one year to the next now has little of the significance it once had.

Originally, the celebration of the new year marked the consummation of the harvest in ancient societies. The number of harvests determined how many such days were observed.

The Romans, in 153 B.C., were the first to use January 1 as the date for the beginning of the year. Prior to that, March 25, the date of the vernal equinox, was their New Year's Day. The Romans were also the first to strip the event of its agricultural significance and make it a purely civil occasion.

Not until 1582, and Pope Gre-

cance and make it a purely civil occasion.
Not until 1582, and Pope Gregory's calendar reforms, did January 1 receive Catholic acceptance as the beginning of the year. Embroiled in the middle of the Reformation, Protestant Europe did not adopt the new counting system for over 150 years.
Long before the practice became associated with Christmas,

gifts were exchanged on New Year's Day. The custom regressed to the point where people of me-dieval England were virtually re-quired to give presents to their king or queen. Oliver Cromwell and his Puritans put a halt to the practice when they came to power in the mid-1600s. In this country, the Dutch ori-

'The masked processions have come down to us in the form of parades...'

ginated our modern New Year's custom. The principal pleasures of the 17th and 18th centuries in America were visiting friends and the exchange of gifts among friends. To this the English added the turkey shoot, a vogue that died when the New York State Legislature outlawed the firing of guns and and explosives on the new year starting in 1773.

The ritualized practice of visiting friends continued until the early years of this century. New Year's was a time when families held open houses and laid out enormous stores of food and drink for friends or acquaintan-

But this custom, too, was abused. Troops of unknown and unwanted guests began to descend upon these open houses, using them as eating and drinking stations. Soon people made their celebrations "by invitation only."

And that's how it stands today.

Primary source: Celebrations: The Complete Book of American Holidays by Robert J. Myers.



More and more DMV custome are speaking foreign language

The California DMV estimates it will have over 56 million contacts with the public this year, and almost seven million of these will be with customers who speak foreign languages, according to survey results released recently.

The annual language survey, conducted in May, revealed that DMV's customers spoke 41 languages and those who were non-English speaking represented 12.8 of all contacts made by DMV employees. Figures obtained from the one month sampling of DMV public contacts are used to help

the department provide better service to both English and non-English speaking customers statewide.

The five most frequently spo-ken foreign languages recorded by the survey are Spanish, Viet-namese, Cantonese/Mandarin,

While a comprehas not conducted

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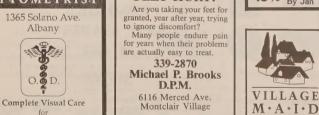
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Tax tips...

• Effective for tax years begining after 1988, a parent can elect
to include on his own return cerain unearned income of a child
moder 14. To qualify, the child's
accome must consist entirely of
merest and dividends and total
more than \$500 and less than

55,000.

This election will result in an

55,000.

This election will result in an increase in the parent's tax equal to the tax that the child would observe have reported on his own return. By this election, the parent can avoid the need to file as return for the child (and possibly the need to make estimated as payments).

The Act offers an alternative way to use Series EE bonds to pay for college. It provides an exclusion for the interest on "qualified U.S. Savings Bonds" which are reteemed to pay higher education epenses. The exclusion is available for the interest on U.S. Savings Bonds issued after 1989 to an individual who has reached age 24

Taxpayers should reevaluate their family investments in light of the "kiddie" tax, which applies to children under 14. For those children, unearned income in excess of \$1,000 is taxed at the parent's higher rate. The first \$1,000 is partly tax-sheltered. Half is covered by the child's standard deduction, and the rest is taxed at the child's rate. So it still makes sense to transfer to the child assets that together produce no more than \$1,000 of income annually.

Children over 14 are taxed at their own rates even for unearned income exceeding \$1,000. For this reason, parents gathering funds to pay their children's tuition bill may want to consider giving stock to their children, rather than cash proceeds from the sale of stock. That way, the children can sell the shares themselves and the gain will be taxed at their lower rates.

Over-reporting IRA income

Over-reporting IRA income

Prior to 1987, the maximum amount allowable for the Individual Retirement Account (IRA) deduction was less for California purposes. In many cases taxpayers could deduct a contribution on their federal returns, but the contribution was not deductible on their California returns.

As a result, California taxpayers may have a higher basis (amount which can be taken out tax free) in their IRAs. In the future, this difference may lead taxpayers to over-report income to California.

Careful record-keeping by taxpayers will eliminate the possibility of over-reporting. Taxpayers should retain all records showing the amounts of IRA contributions each year and the amounts deducted on both federal and state returns.

Larry Gordon is a Berkeley attorney specializing in tax preparation.

1988 INCOME TAX RATES Taxable Income

Single	
0 - \$17,850	15%
17,850 - 43,150	28%
43,150 - 89,560	33%
Over 89,560	28%
Married Couple Filing Jointly	
0 - \$29,750	15%
29,750 - 71,900	28%
71,900 - 149,250	33%
Over 149,250	28%
Heads of Household	
0 - \$23,900	15%
23,900 - 61,650	28%
44 4B0 400 B00	

61,650 - 123,790

Over 123,790

Men's domino tourney set for Jan. 7

Hilltop Branch of Children's Hospital Branches, Inc., will sponsor its 28th annual Men's Domino Tournament on Saturday, Jan. 7 at the Walnut Creek Elks' Lodge, 1475 Creekside, Walnut Creek. Proceeds will benefit Children's Hospital Oakland.

benefit Children's Hospital Oakland.

The day will begin with registration, coffee and sweet rolls at 8:30 am. Play will commence at 9:30, with six games to be completed by the noon break. Four games will be played after lunch.

The entry fee is \$60 per participant and \$120 per team, and includes lunch and a \$50 tax-deductible donation to the hospital. Deadline for reservations is Dec. 30; early registration is advised.

vised. For tickets and information call 547-5228 or 934-5127.

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'Stormy Monday': stylized story- Arthritis helped by losing a few pound telling of East vs. West clash

Stormy Monday, Mike Figgis' stylized thriller now in video release, cuts to the core of the ancient East vs. West dichotomy. But there's no mention of Soviets or Asians here—instead this film takes on the real East: the place where time bends and the laws of what is considered food are suspended.

The United Kingdom.

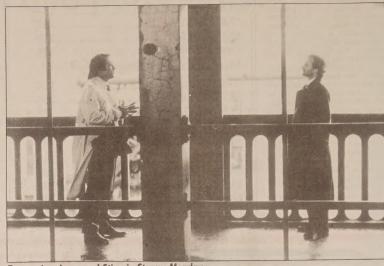
Admittedly, Soviet missile technology can be disquieting and thoughts of the cultural revolution create alarm and outrage. But what is more frightening than the idea of little men with blotchy skin and bad teeth charging money for plates of runny egg sandwiches and uncooked, cold bacon? Only in the U.K. could someone devise such a torture, made more unspeakable still by its accompaniment—caffeine tea dowsed with milk.

These are the things that frighten us to the base of our souls. An arch fiend superpower has the ability to vaporize us instantly. But only our closest transatlantic ally can make us realize that, if not for a long-shot fluke in the 1770s, we too could be hopeless, wry and morally superior.

Most frightening of all about America's relationship with Brits, the distinctions we draw between Us and Them would probably make no sense at all to someone who was neither.

That problem is masterfully overcome in Stormy Monday, a film that plays on the comi-tragic mismatch between our two worlds so eloquently that its effect must be universal.

But just as much of the story's addictiveness lies in its straight-forward gangster film formula as in its plays on politics. The first character to capture the story after an opening fanfare of transplanted kitsch America is Bren-



Tommy Lee Jones and Sting in Stormy Monday

dan (Sean Bean). Brendan is a Newcastle James Dean, hunching his way along in life against a backdrop of clashing culture.

Like most young Brits outside the public school set, he must use all the wit and survival instinct at his command to get daily meals. His job search takes him through what could be L.A. except that he's able to walk it in an afternoon. It's America Week in Newcastle, and British officials are lining up to praise Pepsi, Visa cards and night basketball.

Brendan is watching the show along with everyone else, taking in chrome, neon and retail arcades. Figgis, who wrote and directed, is too deft to simply make the character an underground punker who blurs America bashing with establishment

bashing. Instead, Brendan is amused when, once he can afford it, the only food available is steak, Budweiser and fries.

Part of the palatability of his down home meal comes from his waitress, Kate (Melanie Griffith), who transcends all the hype and represents America's tangible side. She is quirky, wants a fast buck, and is debilitated by stargazing.

Kate also seems to personify an America that's tired, having fallen from the virtues of a strong Midwestern family into a revolting existence as a rent-a-date for the U.S. delegation. Brendan, on the other hand, having started out at the bottom, continues to rise in spite of himself, landing first a job, then the confidences of a

local night spot owner and protector of anarchic artists, Finney (Sting).

Brendan's allegiance to Finney starcrosses him, fairly predictably, with Kate, whose U.S. cohorts are out to muscle in on the Newcastle nightchub action. Her boss, Francis Cosmo, (Tommy Lee Jones)—the only character with both a first and last name—wraps his intentions in this country's usual foreign policy blanket of helping our poor brethren even if they have to be mowed down to do it.

Between Griffith's reluctant wiles and Cosmo's Texas-style palm greasing of local officials, the Tyne tide seems to be going

Now, just when you thought you'd heard all the arguments about why you should lose weight, an orthopedic surgeon has another: shedding and/or keeping off excess pounds just might help fight arthritis.

Dr. David Schurman, professor of orthopedic surgery at Stanford University Medical Center, says that lean people cause less wear and tear on the large joints of the lower limbs, and this prevents—or at least postpones—arthritis.

Schurman notes that lifelong runners generally don't develop arthritis. While the exact cause and effect relationship is unclear, the evidence is mounting that lower weight and exercise are the key ingredients in protecting against the onset of degenerative arthritis.

"Lighter weight reduces the

"Lighter weight reduces the wear and tear, while exercise, such as running, builds up mus-

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Schurman.

One word of caution, of forms of arthritis will on gardless of one's weight ocise level, so it's always check with a physician if arthritis — or any sign health problem, for that — occur, says Schurman.



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pakland Zoo practicing the art of self-healing

evitalized board of directors nd committed administrator

by, 5, crouched in the cor-preathing distance away her visitor and separated by the clear glass wall of her She pursed her lips and her fuzzy head gently in-so close you could see the son her neck and the detail small, round fingernails as at them to her mouth. Her er was friendly, conspirator-

there.

agineered for a 120-pound

at 15 miles per hour," said

el Parrott, pointing to the

that point, according to the director, but the zoo's occlots did.

Penned up in a space no larger than a child's playhouse, the sleek, muscled cats were displayed in the Children's Zoo — a small portion in the middle of the larger zoo — designed for close contact with the animals

with the animals.

The Children's Zoo houses
horses, a pig, and The Children's Zoo houses miniature horses, a pig, and goats, sheep and tortoises that roam freely among visitors. The tame livestock are seemingly content there; the ocelots were clearly uncomfortable.

"They were pacing a lot and chewing on their tails," said Parrott, who made caring for them one of his first priorities after becoming director in 1986.

Now they live in a larger enclosure, full of foliage and rocks so the private animals can hide from gawkers when they want to. The

Text: Shirleen Holt Photos: Judy Lepire

ick glass walls smeared with mody chimpanzee foot prints. Todging from the number of mis, Teddy and his pal Larry, a year-old chimpanzee, take a softhose flying leaps.

Parrott, a veterinarian and diector of the Oakland Zoo, said a displays are a common form social interaction and not westerly aggressive.

pacing and tail-chewing have stopped, said Parrott.

Subtle, but major changes

Mini-transformations have ta-ken place all over the Oakland Zoo. The hamadryas baboons were moved to a larger exhibit de-signed to mimic their original home in arid Ethiopia. The male and female lions' enclosure was redesigned. Land-clearing has be-gun on a two-acre tree-studded habitat for the zoo's African ele-

redesigned. Land-clearing has begun on a two-acre tree-studded habitat for the zoo's African elephants. And a half-dozen other changes have been improvements over the last three years.

The result of all the small changes is one big change for the Oakland Zoo: recognition. The institution, which for years was considered either a joke or a danger by animal lovers and people in the zoo industry, is climbing the ladder of respect one rung at a time.



In the hospital, veterinarian and zoo Director Joel Parrott treats a baby gazelle held by trainer Val DeLeon

The "new zoo" made its unofficial debut last October when it was accredited by the American Association of Zoological Parks and Aquariums for meeting industry standards.

Before that, the persistent press releases generated by the zoo's public relations department went largely ignored by Bay Area newspapers. As far as the public knew, it was still that substandard steel and concrete place that in 1983 the Humane Society of the United States rated one of the 10 worst zoos in the country.

Interestingly, the humane so-ciety's assessment that so dev-astated the Oakland Zoo five years ago was published only in an in-house article, according to

Char Drennon, director of the so-ciety's West Coast regional of-

Chair Dreimen, and the color of-fice.

Investigators visited some zoos across the country, rated them, and returned a second time. Zoos

'They were pacing a lot and chewing on their

that "refused" to improve got poor ratings.
Drennon said she was surprised at the commotion when the media took the ball and ran with it. "It caused a lot of hullabaloo," she

said. But she defended the investigator's comments about Oakland. "Security was so bad that many of the flamingos had been eaten. They had exotic birds sitting in the hot, broiling sun."

To the East Bay Zoological Society, which took the zoo over from the city of Oakland in 1982, the rating couldn't have come at a worse time.

"We felt that not only were we not properly examined before having that article published," said board member Linda Beery, "but we were in the process of assuming the responsibility of the zoo. We compared this to the first week of school."

Parrott said the humane society article was subjective and aimed at riling public outrage. "It was a sensational way to do it and boy, does it stick."

also a veterinarian — Joel Parrott.

Mott devised a master plan featuring expansion for the zoo and Parrott developed an on-site veterinary hospital to care for the animals.

With the master plan in place, the board concentrated on increasing funding, since the zoo was teetering on the brink of financial peril.

When Mott left Oakland to become head of the National Park Service, Parrott, then 33, took over as director.

Parrott and the zoological society boosted sagging contributions from \$70,000 in 1984 to \$3356,000 including in-kind services last year.

ces last year.
The zoo tried for accreditation

Today's Real Estate

by Dorie V.

Gallinatti

Continued on page 8

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Continued from page 7
in 1985 but was denied because it was "substandard." Consultants hired to test whether \$100,000 could be raised for a new elephant exhibit issued another blunt assessment: No way. The zoo's public image is too bad.

In response, the city formed a blue ribbon committee to study the zoo. Committee members recommended securing regional and state funding.

That long process culminated this year when a park bond measure assured the zoo of a one-time bundle of \$5 million and another state bill made sure the zoo got \$300,000 annually for operations. In addition, the city of Oakland agreed to pay a \$200,000 annual subsidy.

Into the 20th century

In the meantime, Parrott began the slow process of bringing the obsolete exhibits into the 20th century. His goal is to show healthy animals in a habitat as natural as possible. Instead of pairing them like Noah's Ark, they will be seen as they are in nature, said Parrott. Already, the zoo has a group of baboons. Soon, it will have a pride of lions.

"It's not just a matter of changing the exhibit to fit the

Eventually some exhibits, like the spider monkeys, for instance, ill be eliminated. Because spider tonkeys defecate so profusely,

History of the East Bay **Zoological Society**

venoped a bengal tiger exhibit and renovated other facilities and exhibits throughout the zoo.

In 1985, Parrott was appointed director. He established the new ocelot, hamadryas baboon and chimpanzee exhibits.

In 1987, the zoo established an education department to provide school and community groups with special classes. A Zoomobile outreach program and an extended docent training course were started. A development department was also established in 1987 to pursue private funding sources in the Bay Area which would support zoo developments.

In 1988 the zoo established a regional funding base, receiving \$300,000 from the state seach year in addition to the \$200,000 subsidy provided by the city of Oakland. Also, the zoo was accredited by the American Association of Zoological Parks and Aquariums.

More than 300,000 people annu-

the zoo must provide them a cement-floored cage, which is visually unappealing.

As he talks, he absentmindedly bends over and picks up a discarded paper wrapper. The tall, boyish doctor is adapting to being the boss.

"I want that floor back in," he says sternly, pointing to a monkey cage that is supposed to be lined

with redwood chips. The zookeeper took the chips out when it rained and didn't put them back. The keeper takes him aside and explains, and Parrott softens. "Okay. Well, whenever you can get them in there. It doesn't have to be right away."

If he's got any critics, they ha-

Slice bananas into blender. (Peel bananas before freezing. They are a mess to deal with afterward.)



The zoo's African veldt exhibit was one of the first exhibits to be expanded in the mid-

Video...

continued from page 6
toward Houston.
One pious councilmember
praises Cosmo's corporate
redevelopment plan for Newcastle
saying, "America—the richest,
most powerful and, in my opinion, the most benevolent superpower in history," a line drawing
bursts of laughter during the
film's theatrical release.

But Cosmo's style does nothing for Finney. Figgis, who is also a musician, and who wrote the film's score, knows Sting would have little use for either more money or more dates.

table confrontations. The suspense scenes are no less enthralling for all their inevitability, though, because of Figgis' neon sets and raspy, moody score. Even on the small screen, the haunts of Cosmo's hired thugs and bad'uns is a hypnotizing night cruise through an Araby of the underworld.

The visual dynamics don't stop with the noir scenes either. Figgis' environment is filled with such icons as Brits ordering iced liquor (the way only Americans drink it) at chic American spots adorned with graphic blowups of gangland violence photos—one, called WeeGee's, must have a namesake on Melrose Avenue. Moments

afterward, an American on Scotch without ice at an Emplace with an American ban der.

Goodies...

Vanilla Pudding

milk (low fat, non-fat or a combination)
2 tbl. cornstarch or arrowroot
4 cup brown sugar
1 tsp. vanilla

Gently heat 1½ cups milk in a heavy pan. Combine cornstarch or arrowroot with reserved milk, Add to milk in pan when hot. Stir in remaining ingredients and cook over very low heat until thick. A double boiler is good for this. Reduce heat further and cook gently about eight minutes more. Fresh or cooked fruit is a wonderful addition to the pudding. Heated frozen strawberries is my winter favorite. This recipe is adapted from the vanilla pudding recipe in Laurel's Kitchen by Laurel Robertson, Carol Flinders and Bronwen Godfrey.

Here's a recipe I frankly haven't had the chance to try but I hear it's rich and sweet and the health value can't be beat! (I couldn't resist that rhyme.)

Pumpkin & Cranberry Casserole

1 cup fresh or frozen cranberries 1 cup tofu, drained 1 can solid pack pumpkin, 15 oz., or 2 cups cooked pumpkin ½ cup Welch's Harvest Blend frozen juice concentrate or substitute frozen apple juice concentrate

1 tsp. cinnamon Freshly ground nutmeg to taste

FREE ESTIMATES

Preheat oven to 350 degrees. Briefly chop half the cranberries in a food processor or blender. Add tofu and process until smooth. Add remaining ingredients and mix well. Stir in the remaining cranberries. Pour into a 10 in. casserole or pie pan and bake 30 minutes. This recipe is from The Quick and Delicious Low-Fat, Low-Salt Cookbook by Jacqueline Williams and Goldie Silverman.

Oh, and here's one for the woman who asked about a healthy substitute for eggnog. I don't know if you saw my recipe for banana ice cream. I think a variation on that would be excellent.

Banana Nog

Banana Nog

frozen banana per hearty serving Non-fat or low-fat milk to cover

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Careful use of plants, lights and windows can inspire Eastern ommebugers to mutter, "Walt till our friends come out and see this!"

this!"

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he subject of money pops up he when he talks about the The tacky kids' rides at the sentrance — like "Tubs 'o

They bring in \$240,000," said-oft. The Snow Building, a the zoo rents out for wedding tions, "\$65,000," he said.

espite the zoo's financial fighth parott is still its veter-an (so is his wife), a job he s to want to continue. Still ing around the zoo is the

it was an ice cooler," said rott, embarrassed. "She was ke and we had to take her te for the night and we hadn't n. We took her to a restau-"he said. "We only showed to one person ... the wai-

comething unique in our own way. Oakland can be that kind of mo," he said.



Earlier this year, the chimpanzees were moved from cramped, sterile cages to a lush new exhibit

Doctors have advice for troubled sleepers

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when your body temperature is lowest.

Someone who normally sleeps from 11 p.m. to 6 a.m., for example, might wish to stay awake and work until 2 a.m., then sleep until the normal wakeup time at 6. That will probably provide more efficient rest than, for example, fighting to stay awake until 4 or 5 a.m., then sleeping in until 4 or 5 a.m., then sleeping in until 4 or 5 a.m., then sleeping in until 9, when your body temperature has risen to its daytime, working levels. Equally inefficient, he says, is going to bed early, then getting up at, say 4 a.m., a time when you are normally in your deepest, most restful sleep.

"When you wake up at your regular time, you're stretching, not changing, your body's natural rhythms," he says.

Nino-Murcia offers this additional advice for those who must stay awake: drink your last cup of coffee no less than six or seven hours before sleeping if you possibly can. That will allow those few hours of sleep to be spent really sleeping, not fighting the jitters. Also, avoid exercise just before those few hours of sleep. Stimulation of the tired body will interfere with winding down for slumber. If you have a few minutes for exercise, save it for when you wake up.

Appealing and healthy appetizers

Need something fast and fabulous for your party entertaining that will get your guests off to a good start for a more healthful 1989? Plan appetizers that take advantage of the many foods that are both delicious and nutritious, prepared in ways that limit fat and retain nutrients.

That may sound like a tall or-der, but a little ingenuity can pro-duce wonders. Finger foods — that don't need to be cut and aren't overly messy —will be the easiest to serve and eat:

- mushrooms stuffed with spinach, rice and lowfat cheese
 marinated roasted peppers (red and green)
 breadsticks and whole grain

- breadsticks and whole grain crackers
 sliced vegetables (crudites) with a lowfat yogurt dip
 homemade bean dip, spiced with taco sauce and chili powder, served with wedges of baked tortilla shells
 marinated mushrooms, Brussels sprouts, carrots or other favorite
- favorite
 vegetables
 triangles of black peasant
 bread topped with a spread made
 of part-skim
 ricotta cheese and your favorite

You can continue the good health theme with the drinks you have available at your party. The American Institute for Cancer Research recommends that any alcohol consumption should be in moderation. To help your guests meet that recommendation, remember to make low alcohol and non-alcoholic drinks available, as

In addition to sodas and bot-tled water, fruit punch, hot mul-led cider, vegetable juice cocktails and even special teas can add to the festivity of your holiday gath-

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Salvation Army a tough and tender camp of ho

Continued from page 1
not equipped to handle them. He
relates with regret a recent applicant who "was suicidal, He really,
wanted to kill himself. We
couldn't take him. We referred
him, though." A slow smile
brightens Bearchell's face. "A
hospital took him. I hope they
saved his life."

"Maybe down, not out"

"Maybe down, not out"

Apart from this restriction, the center accepts men of all races, ages and religions, all of whom will be sheltered, at least temporarily, under the safe wing of their captain. He says that he asks only that "they want to be helped. There's a saying around here that I've taken a shine to. It says, 'A man may be down, but he's never out.' I feel that way toward the men. If a man is brave enough to walk in that door, he can be helped."

It seems that if they want help, they've come to the right place. There appears to be no hurdle too large for Bearchell's capable optimism. Striding through the huge Adult Rehabilitation Center complex, he calls each man by name, asking them tidbits about their lives in a daunting display of memory.

Like any good leader, no detail

lives in a dantang memory.

Like any good leader, no detail is too small for Bearchell's attention. When stepping into the freight elevator, he quickly turns to the operator and says, "Have you got a pair of pants for Sunday? You didn't have a pair last week, you know. We'd like you to have something nice to wear on that day."

knows that Robert Miller, who sorts books for the center's store, is an expert on opera. He feels a bond with Haydn Brooks, another recovering alcoholic, because they both once flew the



Capt. Dr. William Bearchell

same kind of aircraft.

He also understands that many of the men who leave their three-month work program will go right back to the booze that ruined their lives. "They get itchy for employment. We can't do much for them that they can't do for themselves. If I knew what caused alcoholism and drug abuse, I'd be a lucky man. As it is, I have to help as I can."

help as I can."

And, perhaps most importantly, he understands how to run the huge, multi-faceted center that keeps the ARC program running, and the men, at least temporarily, on their feet. "We sell goods. The entire program is funded by selling items that people donate to the Salvation Army. All of it."

Running a business

If it seems that a few dresses and the odd couch may not seem like a way to keep 125 men clothed, fed and housed in the program's dormitory-style living quarters, think again. The Oakland center sends some 8,500 pieces of clothing to their downstairs store daily. They receive at least 350 calls per day from donors who give them items as varied as paintings and valuable antiques.

Besides spacious living quarters for the men, the center houses an entire factory for the collection, separation and merchandising of the daily items, all of which is overseen by Bearchell and his next-in-command, Bud Slous, director of operations. This is a job which Bearchell handles smoothly, combining a myriad of minute details about the running of the center with a love for the men who keep it alive.

"They run this place. They work 40-hour weeks during their three months here. We all keep the center going together. We give them three sober, clean and hardworking months to try to find some meaning in life."

Like a proud father, Bearchell is fond of pointing out achievements of his workers as he passes them. He believes that the daily work done by the men keeps them from temptation, and teaches them to recognize their achievements.

"See him?" He points to a lean man in denims who fiddles with a large box of tubes and wires. "He's a great electrician. There's nothing he doesn't know. He was trained in it before..." his voice trails off.

"Before" is a plaintive word for some of the men in the center.



While his roommate sleeps near the window, Don Frost opens his locker. Frost, and has been in the program for two months

It reminds them of the history they have had, some of which they can never go back to. Many men have wives who can't bear their habit, and who are waiting for a visible sign of change before they'll try again. Still others come from broken homes or don't have families at all

for a visiole sign of change ceres, they'll try again. Still others come from broken homes or don't have families at all.

Laundry worker as Mom

Many of the men in the program, who work so well at fixing the broken bicycles that come in, preparing the meals and helping run the thriving repair-and-sales operation also have impressive credentials. Jack Segal, who runs the center's laundry room, used to be a high school teacher and went to a prestigious university before that.

"I've been here seven months," he says. "I was a teacher, and I can go back anytime I want." He bites his lip. "I just don't know when I can. It's a family here. I hated the loneliness in my life before." Brightening, he turns to the laundry. "This is the laundry room, and I am their mother. We believe here," he holds up a newly-folded shirt, "that cleanliness is next to godliness."

Some men in the program do stay more than the allotted three months, either by finding a niche or expressing an extreme longing not to go back to their old lives. But they are the exception. "Most of our men leave us after three months," says Bearchell. "We hope they will have learned the

higher power that they need to survive."

higher power that they need to survive."

The higher power which is pervasive throughout the red-and-green decorated center is that of the Christian religion. The men are asked to go to chapel services each morning, as well as on Wednesday nights and the regular Sunday service. However, they don't need to convert in order to stay in the program.

"We've had Jewish, Buddist, and a large variety of men with different beliefs. They don't need to have our faith," Bearchell asserts. Still, he believes in Christianity, and thinks that it offers the "better way" necessary to fight the disease of drug abuse. "It will lead them to better living," he says. "If they give it a chance."

Look good, feel good

Another part of the "better liv-

Photos by Mark Kee

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Doug Eason in the television repair nook. He passed through the rehabilitation program and

U.C. offering special publication for farmers

"Sustainable Agriculture for California: A Guide to Information," produced by David Bainbridge and Steve Mitchell of the U.C. Riverside Dry Lands Research Institute, lists a wide variety of resources addressing the economic viability of farming and the effect of farm practices on the natural environment.

"Sustainable agriculture is often described as ecologically and economically sound," Bainbridge said. "It may be large-scale or small-scale, a single crop or mixed farm, and use either conventional or organic inputs and practices."

The guide provides information on the use of electronic data bases, including AGRICOLA, the National Agricultural Library database in Beltsville, Md.

A directory listing sustainable agriculture organizations — from large groups with information about cold-climate grain to small groups interested in crayfish production — is also included in the

It is available free of charge by contacting the program at Agronomy Extension, University of California, Davis, CA 95616. Phone 916-752-7556.



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Market St., San Jose. (408)
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Flint Center: Music by Will to Power, Tony Terry, Notera, Billy Preston, 9 p.m. \$20 admission. De Anza Col-lege, Cupertino. (408) 257-9555 or (408) 998-BASS.

J.J.'s Blues Lounge: Andy Just and the Shapes, 9 p.m. Includes party hats, horns, balloons and champagne at midnight. \$6 admission. 3439 Stevens

\$6 admission. 3439 Stevens Creek Blvd., San Jose. (408) 243-6441.

Le Baron Hotel: Fiesta Ballroom / Music by The Four Freshman and Venus, 9:30 p.m. Belvedere Gardens Restaurant / Dial M for Murder Mystery Game and dancing to live music. \$195 for a couple. 1350 North First St., San Jose. (408) 288-9200.

W YEAR'S EVE: EAST BAY

kenaz: New Year's Eve with Suiraci, 10 p.m. Tradi-Macedonian and Bulgarian

e music. admission. 1317 San Pablo Berkeley. 525-5054.

keley Square: The Blasters,

n) Blake's: Chris Cain

remont Hotel: Dinner and ig to the music of This Blond, the Dave Ruffner and the Roberta Donnay and, 6 p.m. dmission. 41 Tunnel Rd., 843-3000.

with Doug Ferrari, Rick and Rob Jacobsen, 7:30

and Reo.
0:30 p.m.
14 show includes buffet dinLate show includes party
hors d'oeuvres, party favors admission. 2219 Morello Pleasant Hill. 370-1222.

ry J. Kaiser Convention E Little Feat, Bonnie Raitt, Lindley, El Rayo X and Neville and the Room, 8

The Hill: Music with Alameda All Stars and Z Boy. Includes par-

ty favors. \$8 general; \$15 couples. 4100 Redwood Rd., Oakland. 530-7260.

Hyatt Regency: Times Square

est, 8 p.m.
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Rosie Gaines. \$25 to \$20 admission. 10 Broadway, Oakland. 893-1234 762-BASS.

Oakland Coliseum: The Grateful Dead, 7 p.m. \$30 admission but the event is sold out. Hegenberger Road and Interstate Highway 880, Oakland. 762-BASS.

The Omni: Chris Isaak, 8:30

p.m. \$30 general; \$45 with dinner. 4799 Shattuck Ave., Berkeley. 547-7655 or 762-BASS.

p.m. \$10 admission. 3105 Shattuck Ave., Berkeley. 849-2568.

The Punch Line, Walnut Creek: Dr. Gonzo, Larry "Bubbles" Brown and Steve Brunner, 9 and 10:30 p.m. \$10 early show; \$20 late show. 120 Petticoat Ln., Walnut Creek. 935-2002 or 762-BASS.

Ball, 9:30 p.m. \$22.50 admission. 350 Rheem Blvd., Moraga. 762-BASS.

Turf Club: 12:01 New Year's Eve Ball, 9 p.m. \$19 fee. Golden Gate Fields, Albany. 762-BASS.

12:30 a.m.
Includes Champagne Toast at

11:45 p.m. \$30 both sets; \$15 late show only. 6030 Claremont Ave., Berkeley. 652-9200 or 762-BASS.

NEW YEAR'S EVE: PENINSULA

Circle Star Theater: Chaka Khan, 9:45 p.m. With party favors and cham-pagne at midnight. \$24.75 general; \$46.25 with dinner. 1717 Industrial Rd., San Carlos. 762-BASS.

J.J.'s Blues Cafe: Gary Smith Blues Band, 9 p.m. Includes hats, party favors and champagne at midnight.

\$7 to \$10 admission. 165 El Camino Real, Mountain View. 968-2277 or 998-BASS.

Manhattan Playhouse: A Coupla White Chicks Sitting Around Talking, by John Ford, 9

p.m. Opening performance followed by champagne supper and New Year's Eve Gala. \$30 admission. Manhattan Avenue and West Bayshore, Palo Alto. 332-4589.

The Planet: Dinner and Comedy Special with Mike Dugen and Greg Proops, 6 p.m. \$40 admission.

New Year's Eve Dance Party,

admission.

New Year's Eve Dance Party,
10 p.m.

Includes champagne at
midnight.

Duntey Hotel, 1770 S. Amphlett Blvd., San Mateo.
762-BASS.

Puma's Rock and Roll Club: Eric Martin and The All-Stars, 9:30 p.m. \$10 admission, 33 S. Central Ave., Campbell. (408) 998-BASS.

Hyatt Rickey's: A New Year's ve Extravaganza, 9:15 p.m.

Includes cocktails, a gourmet dinner, dancing to the music of the Johnny Lampson Orchestra and a champagne toast at midnight. Also includes overnight accomodations.

\$198 for a couple. Camino Ballroom, 4219 El Camino Real, Palo Alto. 493-8000.

NEW YEAR'S EVE: SOUTH BAY

Casa de Fruta: The Sixth Annual New Year's Eve Party, 7 p.m. to 1 a.m. Includes a Western-style buffet dinner, party favors, champagne and dancing to the live music of Strictly Country. \$20 general; \$9 children. 6680 Pacheco Pass Highway, Casa de Fruta. (408) 842-9316.

Doubletree Hotel: Big Bang
Beat Bash, 8 p.m. to 2 a.m.
Dancing to the sounds of Big
Bang Beat, overnight accommodations and a New Year's Day
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\$199 for a couple; \$264 for a
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and Convention Center, Santa
Clara. (408) 986-0700.

Fairmont Hotel: Club Regent / Dinner, dancing to the music of the Johnny Otis Orchestra. Includes champagne and party

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The Odyssey: Chris Loiter and the Hangouts, 7 p.m. Includes dinner buffet and door prizes. \$10 admission. Sunnyvale.

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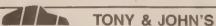


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Salvation Army...

Continued from page 10
now going to school to become a medical assistant, says that "less than nine months ago I was sleeping under freeway bridges."

This type of background makes the clean beds, large meals, televisions and video games of the center somewhat overwhelming for some men. The center's abundant free food seems to be the biggest temptation, according to Slous, the director of operations. "See those men?" Sitting in the dining hall, he points to two men serving themselves cheeseburgers. One is tall and lean, while the other is at least 50 pounds overweight. "That's before and after. Once they've been here for awhile, they put on the weight. It happens every time. You see them here, coming back for seconds, thirds. Once they give up the booze, food is the next substitute."

Just shows we have a market for everything."

Pointing to the man rolling out carts of ancient sewing machines to the vulture-like mob inspecting to the view for his everything."

Pointing to the man rolling out carts of ancient sewing machines to the vulture-like mob inspecting to the yold, he reveals the kindness beneath his efficient exterior. "He's a very smart guy. But sometimes smarts can't keep you out of drink. It's those emotional problems."

He is interupted from his rown spotted dog. "We found it fixed. Now it protects the boate, for seconds, thirds. Once they give up the booze, food is the next substitute."

Optimism conquers all

Optimism conquers all

Whether they actually do abstain from alcohol during their stay, a potentially sticky problem, doesn't faze Bearchell. "We have a strict rule about it here. If you drink, you're out. The men are the biggest watchdogs for things like that. They don't want to ruin things for themselves."

Bearchell's optimism and resourcefulness are a great aid to the large, successful center. A master problem-solver, Bearchell revises systems to help the most people possible. Although he can't sell food in their store, he finds a use for food donated to the Salvation Army — it's donated to local charities each week.

the Sarvatine cach donated to local charities each week.

He fingers bread from a huge stack of edibles in the warehouse. "Look at this. It's fresh. It'll go to a charity. Of course, it doesn't all go there. The other week, people called who had catered a party which was cancelled. They gave us huge trays of hors d'oeuvres. I gave those to the men," he laughs, "although we can't count on that kind of treat."

Other innovative systems at the center include the daily auetion, between 10 to 10:30 a.m., which lets people bid for items which are unsellable in the store. "This is stuff which either doesn't work or is non-repairable," says Bearchell. "Because, of course, all repairable work is done by us. We average \$1,000 per auction. This

Most bass anglers agree that the plastic worm is one of the dea-dliest and most effective lures ever created. The plastic worm is a versatile lure which can be fi-shed in many ways at all depths and speeds.

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Most bass anglers agree that the and other fish. Most of these rigs

walk in that door, he can be helped'

and has found a shelter where it is

Healing through labor

Healing through labor

Usefulness and work is a theme repeated throughout the center. The men wake each day at an early hour, and work throughout the day, with occasional breaks for meals and rest.

The work, not only needed to pass the time, also teaches men a valuable skill. The upholstery section of the factory produces first rate couches, chairs and other furniture, which makes an impressive credential for a potential worker. Likewise, the stereofixing center and the area where furniture is stripped and finished are other areas which could lead to jobs for the men. Even the more menial labor shows employers that the man is able to hold down a job.

"The job is everything to me," says Haydn Brooks, a sorter of bric-a-brac, "I'm at an age (60) where I'm can't easily fit in to other jobs. Fellows out there (outside the center) have time on their hands. It's so easy to say, 'Heck with it. Why bother. I have so much free time, I might as well drink.' Here, I don't have time for it, and I'm able to support my

and other fish. Most of these rigs are described and shown in drawings in a new booklet called *How to Rig Plastic Worms* written by Vlad Evanoff, well-known author of many fishing books. In the booklet, he shows 38 different ways to rig plastic worms for bass and other fresh-water fish and many salt-water species.

How to Rig Piastic Worms can be ordered post-paid for \$3.00 from: CATCHMORE, Box 9032, Coral Springs, FL 33075.

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children and grandchildren."

Brooks also praises Alcoholics
Anonymous, a group closely linked with the ARC, with filling up his time as well. "They have group activities, anything you want. I met a lot of people through these things, and we all help each other pull together."

The center is a curious mix of optimism — from Bearchell, and cautiously expressed from the men, and the sadness of knowing that life outside the center is frightening and often lonely.

Some men give up, finding the limited option for change at the center to be more than they want to attempt. But others allow their experience at the center to make a permanent change in their livs. According to Bearchell, these men achieve the ultimate goal of the center, the thing he wishes for every man — saying goodbye to the addiction.

Permanent change

Permanent chasge

Doug Eason is one such man. He is one of the roughly 15 permanent employeer of the center, where he works at fixing electronics. "I still live in the center," he says. "I'm not in a real big hurry to leave. I sort of take it one day at a time." Eason has had many electronics jobs in the past, including employment with television studios in Los Angeles.

But drugs always got in the way, he explains, in the tired-sounding monotone so frequent from men at the center, who sound as if their battle with the addiction has drained them. "There were a lot of drugs in the studios. In the '60s, it was just the thing to do. I was up here in the Haight Ashbury. I didn't really start up drinking until I gave up drugs.

"Since I've come here, I've had

rating Asinoury. I dudn't rearly start up drinking until I gave up drugs.

"Since I've come here, I've had more spiritual awareness. It gives me a natural high, and helps me appreciate life a lot more. I've been sort of reborn. Drugs and alcohol almost put me to death. I found out I wasn't crazy; that it was the drugs and alcohol. I have

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In the bike shop, Bob Sullivan inspects and repairs everything from trikes to lawn a family here."

They need you

They need you

The center, which is enhanced by Bearchell's energetic presence, can still use more help. Donations can be made to the Salvation Army by calling 451-4510. Each donation goes into the factory where it not only makes money for the center but gives the men who pick up, sell and sort the donations a job to do.

The team attitude is one of the major strengths of the capable Bearchell. "Togetherness is what it's all about. It's good for them to know that there's someone interested in them. I don't want them to feel that they're just another number. Yes, we lose five to seven men a week. But our average stay is 99 days. Enabling is the key word. We give men the chance to lead rich, full lives."

Isn't that what the Christmas spirit is all about? At the ARC in

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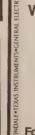
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401 **Help Wanted**

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401

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401 **Heip Wanted**

Domestic

402 Child Care Domestic

403 **Employment** Exchange

Business

601 Home

602 **Antiques**

604

605 Musical Instruments

Pets **Supplies**

607 Wanted To Buy

701 FOR RENT GENERAL

Apartments

Condos **Townhouses** 703

Kensington

704

Berkeley

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NORTH OAKLAND

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Homes

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Share Rentals

715 Albany

Kensington

712 Oakland Piedmont

Commercial

721 Berkeley

721 Berkeley & North

722 Oakland Piedmont & South

LAKE MERRITT VIEW

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Homes

806 Oakland **Piedmont** & South

NEW AND VIEW

GLENVIEW

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904 **Apartments** Carpentry **Townhouses**

STEVEN 526-9413

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906 Child Care-Licensed

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908 Dressmaking Alteration

909 Electrical

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BALDWIN ELECTRIC New Wiring & Repairs Lic. 127380 655-0752

910 Fix-it

910 Fix-it

912 Gardenina

Overgrowth Cleared

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STEVE 652-1636 Day

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914 Health & Fitness

914 Health & Fitness

WEIGHT LOSS

Home

HARDWOOD FLOORS

GUTTER WORK

HARDWOOD FLOORS

TILE RENOVATION

WINDOW REPAIR

916 Housesitting

Housecleaning

BERKELEY

wy Built and Quiet n North Berkeley

& South

716

Berkeley

718 Oakland

Piedmont

& South

BRAND NEW HOUSE

Oakland Piedmont & South

812

Condos

817 REAL ESTATE WANTED

903 Building Contractors-License

Bay Area Structural

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CONSTRUCTION 268-1316 STONE MASON

904 Carpentry

907

oilly electric

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REMODEL - REPAIR

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917

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927

924 **Plumbing**

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Legal Notice

FICTITIOUS BUSINESS

NAME STATEMENT File No. 131887

The following persons are doing business as American Apparel Society, 100 Hegenberger. Road, Suite 210, Oakland, CA 94621. Barbara J. Curry 2106 102nd Ave. Oakland, CA 94603. This business is being conducted by an Unin-corporated Association — other than a Part-nership and a non-profit organization. This statement was filed with the County Clerk of Alameda County on December 1, 1988.

Publish Dec. 20, 27, 1988, Jan. 3, 10, 1989 Legal Notice

ing persons are doing business as evelopment, 46726 Fremont Blvd.

te following persons are during visitiess anken Development, 46726 Fremont Blvd.
emont, 94611.
nneth McKean 612 Magnolia Ave. Piedmont,
611 and Frank Sasselli 1353 Don Kirk Rd. Los
tos, 94022.
tis business is conducted by a General Partner-

Publish Dec. 6, 13, 20, 27, 1988.

Legal Notice

SUMMONS (CITACION JUDICIAL) Case Number: (Numero del Caso):C 76003 NOTICE TO DEFENDANT: (Aviso à Acusadi

SAMUEL JACKSON, SR.; DOE ONE through DOE FIVE, inclusive, YOU ARE BEING SUED BY PLAINTIFF: (A Ud. le esta demandando) ROXY SALYER,

You have 30 CALENDAR DAYS after this summons is served on you to file a typewritten response at this court.

A letter or phone call will not protect you; your typewritten response must be in proper legal form if you want the court to hear your

Special

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Legal Notice

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

The following person (persons) have abandoned the use of the fictitious business name: FRANKEN DEVELOPMENT at 3871 Piedmont Ave. Oakland, CA 94611. Kenneth McKean 161 Magnolia Ave. Piedmont, CA 94611 and Frank Sasselli 1353 Don Kirk Rd. Los Altos, CA 94022. This business was conducted by a General

Partnership.

This statement was filed with the County Clerk of Alameda County on August 28, 1988.

Publish Dec. 6, 13, 20, 27, 1988.

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Take the wobble out of your chairs
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Go ahead and run it.



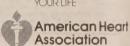
Maybe there's a car coming and maybe there isn't. Fortunately, most people figure the risk isn't worth the chance.

figure the risk isn't worth the chance.
But oddly enough, it doesn't work that way with the warning signs of a heart attack. Most people ignore the signals. Or chalk it up to indigestion. Or wait to see what happens next.
Every year 350,000 heart attack victims die before they reach the hospital. But you don't have to be one of them.

If you feel an uncomfortable pressure, fullness, squeezing or pain in the center of your chest that lasts for two minutes or longer, you may be having a heart attack. In

some cases, the sensation may spread to the shoulders, neck or arms—and be accompanied by sweating, dizziness, fainting, nausea or shortness of breath. The important thing is to get help. Either by calling the local emergency medical service (EMS) or by asking someone to drive you to a hospital emergency room. If you ignore the signs of a heart attack, you'll have no one to blame. Not even yourself.

WE'RE FIGHTING FOR YOUR LIFE



Legal Notice

FICTITIOUS BUSINESS NAME STATEMENT File No. 132311

The following person is doing business as Eldercare Consultants, 411-30th St., Suite 206, Oakland, CA 94609 Carol E. Nobori 649 Blair Ave. Piedmont, CA

nent was filed with County Clerk of da County on Dec. 14, 1988.

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BERKELEY - 1++ Bedrooms - \$179,000 NEW LISTING! Tropical highway on conceal-ed cul-de-sac abounding with artistic flair, plus studio with bath (in-law potential). Garden din-ing room, loft. Alexandr Crisafulli 843-5224.

EL CERRITO - 3+ bedrooms - \$269,950 Large family home - park like setting, convenient to bus & BART, excellent location. Magany Abbass 524-7329.

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\$895,000

4BD, 4 BA totally renovated. One of Piedmont's prime addresses. State of the art kitchen, elegant master suite, formal dining, family room, nearly 4000 square feet. Will consider trades, exchanges, unique financing. Call Al Frankel 531-7000/531-8178.

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SPACIOUS CONDO \$134,500 2 bedroom, 1.5 baths, 2 floors, fireplace, in small 4 unit building. Good Glenview location. Close to shopping and transportation. Vacant and ready to move in. Call Dorothy Carey, 531-7000/339-0484.

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cisco and Bay views.
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Specialist in lot sales and new construction.

ALBANY. - Two bedrooms, 11/4 baths, separate dining room, hardwood floors, fireplace, central heat. Good condition. \$225,000. Eves. Walt 843-3027.

BERKELEY HILLS - Four bedroom 4 bath home in great hill location on large lot. Spacious living room and den with beamed ceilings beautiful redwood interiors. Two fireplaces. Master bedroom suite. Hardwood flooring. Two attached double garages. Secluded patio. \$397,000. Eves. Ingrid Ebert 527-6597 or Norm 524-7112.

EL CERRITO. - Two bedroom, 2 bath contemporary in quiet location with Bay view. Quality home originally built for builder's own residence. Low upkeepideal for busy professional. Exterior freshly painted. \$265,000. By appointment. Eves. Norm 524-7112.

SIERRA FOOTHILLS - Exciting summer/winter vacation property six miles east of Jackson. Two bedroom cabin plus detached building with double garage, shop, and guest room with bath. 2½ acres covered with pine, cedar and oak. Completely fenced. Asking \$125,000. Owner may carry. Eves. Norm 524-7112.



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ANT PIEDMONT PINES \$479,500 (ONSTRUCTION! Add this magnificent home to Christmas shopping list! Revel in specious rumpus copy fireplace, wet bar. Cook's delight kitchen, 4 as bdrms. Call BOB RANDALL 339-8686, eves.

DUCED \$359,500

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Charming traditional 3 bdrm home with gournet kitchen, large family room, plush master suite. Wonderful floor-plant On quiet cul-de-sac. Call WILLIAM WEISSBERG 339-3520, eves. 523-1112

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Call NANCY N. LEHRKIND 428-0900, eves 455-8181

.339-8787 339-3520

339-8888

New Year's Calender

Continued from page 13
Opry House: The Zada Queen
Gang Train Robberies of 1844 or
T've Been Working on a Train
Gang, by Linda Nantelle, 7 p.m.
A special production of this
melodrama will be accompanied
by dinner and followed by dancing to the music of Promise and a
champagne toast at midnight.
\$50 admission. 21350 Alimaden
Rd., San Jose. (408) 268-2492.

Rooster T. Feathers: James Lee Reeves, Chas Elstner and D'Alan Moss, 8 and 10:30 p.m. Early show celebrates New York's New Year's. Both shows include champagne and party

\$20 early show; \$25 late show. 157 West El Camino Real, Sunnyvale. (408) 736-0921.

NEW YEAR'S EVE: SAN FRANCISCO

Moscone Center: New Year's Jam '88, 9 p.m.
A dance with various bands playing through the evening.
\$25 admission. 747 Howard St., San Francisco. 391-1061.

Nikko Hotel: Le Celebrete Restaurant / A four-course dinner with champagne and party favors.

Cost is \$150 per couple.
Grand Ballroom / Five-course dinner with champagne, party favors and dancing to live music.
Cost is \$175 per couple. 222
Mason St., San Francisco. 394-1111.

The Oasis: Air Oasis Flight 1989, 7 p.m. to 4 a.m.
Includes hors d'oeuvres, champagne, celebrations of New Year's Eve in four separate time zones with party favors and champagne and drawings for tickets to New York, Chicago, Salt Lake City and London.

\$45 general; \$80 per couple. 11th and Folsom Streets, San Francisco. 621-8119 or 762-BASS.

One Act Theater: Stephen Banks Home Entertainment Center, 9:30 p.m. Special New Year's Eve Show

and party. \$15 to \$18. 430 Mason St., San

Palace of Fine Arts: Sixth Annual New Year's Eve Comedy Extravaganza, 7 and 9:30 p.m. With Rita Rudner, Paula Poundstone and Tom Kenny. Late show includes champagne at midnight and dancing until 3 a.m. to the Quake sound and light

Presented by the Other Cafe. \$20 early show; \$30 late show. Bay and Lyon Streets, San Francisco. 681-0748 or 392-4400.

Plush Room: With Relish, by Morris Bobrow, 7:30 and 10 p.m.
New Year's Eve performance of this musical revue includes champagne. Late show is followed by piano entertainment and party favors.

\$35 early show; \$55 late show.
The York Hotel, 940 Sutter St., San Francisco. 885-6800.

Portman Hotel: New Year's Eve Party, 6:30 p.m. to 2 a.m. Includes a gourmet dinner, dancing to the big band sounds of the Bob Dina Orchestra in the candlelight grill and atrium, valet parking, champagne and party favors

\$150 admission. 500 Post St., San Francisco. 771-8600.

The Punch Line: Comedy with Bobby Slayton, Diane Nichals, 9 and 11 p.m. \$10 early show; \$25 late show. 444 Battery St., San Francisco. 397-PLSF or 762-BASS.

The Rose and Thistle: Crash nd Burn, 7 p.m.
With Bobby Salem, Roger A. ord and Brian Holtzman.
\$10 admission. 1624 California t., San Francisco. 771-FUNN.

St. Francis Hotel: The Grand Ballroom / Gala Dinner-Dance.
Includes a four-course dinner, dancing to the 17-piece Ernie Heckscher Orchestra, hors d'oeuvres, champagne, party favors and a balloon drop at midnight.

\$145 admission.

midnight.
\$145 admission.
California and Elizabethan
Rooms / The Dynatones, 9 p.m.
Includes dancing, a dessert buffet, champagne, party favors and
a midnight balloon drop.
\$60 to \$75 admission.
Victor's / St. Sylvestre Evening
with a six-course gourmet dinner,
Dom Perignon champagne, dancing to the tunes of Abe Battat and

valet parking.
\$195 admission.
The English Grill / Six-course dinner, dancing to the Bob Frank Quartet, party favors and champagne.
\$110 admission.
Oz / Dancing and enteftainment with open bar, hors d'oeuvres, midnight caviar and champagne toast and party favors.

favors. \$160 table seating; \$100 stan-

ding room. 335 Powell St., San Francisco. 774-0202.

Sir Francis Drake: Up on the Roof, 8 p.m. Reserved seating, party favors and dancing to the big band sounds of Phil Howe and Night

Swing. \$140 per couple. 450 Powell St., San Francisco. 392-7755, ext. 2266.

Slim's: Was (Not Was), 8 and 11 p.m. Includes champagne and party

favors. \$25 early show; \$40 late show 333 11th St., San Francisco 621-3330 or 762-BASS.

The Stone: Y&T, 9 p.m. Includes champagne and party

favors. \$22.50. 412 Broadway. San Francisco. 391-8282 or 762-BASS.

Theater Artaud: Dead Marilyn, 10:30 p.m.
A special alternative New Year's Eve performance by the delightfully decomposed star. Includes a gala post-performance

\$20 admission. 450 Florida St., San Francisco. 552-3656 or 433-STBS.

Theater on the Square: Phantom of the Opera, 8:30 p.m.
This special performance includes champagne.
\$40 to \$35. Theater on the Square, 450 Post St., San Francisco. 433-9500 or 762-BASS.

Tradeshow Concourse eorgio / Live on New Year's Georgio / Live on New Year's Eve, 8 p.m. \$25 admission. San Francisco. 762-BASS.

Victoria Theater: Tom Amiano's Comedy Year in Review,

9:30 p.m. \$15 admission. 2961 16th St. San Francisco. 762-BASS.

War Memorial Opera House: San Francisco Ballet Nutcracker New Year's Eve Bash, 7 p.m. Pre-performance party includes hors d'oeuvres, champagne and dancing to live music. \$69.89 to \$9.89. 301 Van Ness Ave., San Francisco. 762-BASS.

Zephyr Theater: Bar None / 7

and 9:30 p.m. \$17 early show; \$20 late show. Includes post-performance party. Party of One / 8 and 10:30 p.m. \$18 early show; \$25 late show. Includes post-performance

party. Sixth Annual Comedy Jam / 9

p.m. With Committee, Second City, S.F. Comedy Underground, National Theater of the Deranged, Flash Pamily, Papaya Juice, Comedy Store Players, Spaghetti Jam and Theater Sports.

Presented by the Bay City Allstars. \$10 admission. 25 Van Ness Ave., San Francisco. 441-7787.

ART

Healdsburg Museum: Ninth Annual Antique and Collectible Toy and Doll Extravaganza, through Jan. 7. The exhibit features rare Christmas ornaments from 1870 to 1940 along with old model planes, cast-iron toys and antique teddy bears and dolls. Free. Tuesday through Satur-day, 1 to 5 p.m. 132 Matheson St., Healdsburg. (707) 431-3325.

Judah L. Magnes Museum: Tradition and Revolution: the Jewish Renaissance in Russian Avant-Garde Art, 1912-1928, through Feb. 12.

A group of paintings, etchings, illustrations and sketches ranging in style from narrative to cubist that illustrate the flowering of Jewish art immediately following the Russian Revolution.

Included are originals by Marc Chagall, El Lissitzky, Nathan Altman, Ossacher Ryback and Joseph Tchaikov.

Free. Sunday through Thursday, 10 a.m. to 4 p.m. 2911 Russell St., Berkeley. 849-2710.

Mexican Museum: Christmas in Mexican Popular Tradition, through Jan. 22. An exhibit of traditional nativi-ty scenes and holiday folk art from different regions of Mexico.

Colonial and Popular Religious Art of Mexico, through Jan. 22.

This exhibit provides a visual indication of the growth and development of Mexican Catholicism and features 100 objects drawn from the museum's permanent collection.

Included are santos (3-dimensional statuary), retablos (2-dimensional religious paintings on tin and canvas), ex-votos (2-dimensional miracle paintings on tin), furniture and decorative artifacts.

artifacts.

\$2 adults; \$1 students and seniors; free for children 10 and under and for everyone on the first Wednesday of the month. Wednesday through Sunday, noon to 5 p.m.; first Wednesday of the month, noon to 8 p.m. Building D, Fort Mason Center, Laguna Street and Marina Boulevard, San Francisco.

Museum of Modern Mythology: 100 Percent Polyester: Shirts of Art from the Palette of Science, through December.

A unique exhibit of men's polyester shirts which traces the cultural transformation from post-hippieism to the demise of

American Advertising Characters, through December. An exhibition showcasing famous advertising symbols including the American Express Travelers Cheque Group's trademark, the Centurion.

\$2 general; \$1,50 seniors and students; \$1 children 6 through

12; free for children 5 and free to all the first Wednes the month. Wednesday th

the late 19th and early centuries.

Temporary closings: Spmuseum hours to accommon the installation of new carpet. The California History through the Gold Rush wiclosed through Jan. 4.

Remaining pre-20th cenhistory exhibits are clithrough Jan. 4. The O Gallery will be closed through Jan. 4. The O Gallery will be closed through Jan. 4. The O through Saturday, 10 through Spm., and Sun noon to 7 p.m., 1000 Oak Oakland. 273-3948.





Noted area artist and railroad enthusiast, Michael F. Kotowski, has again captured twelve of America's finest in breathtaking detail, utilizing acrylics, colored pencils, pastels and studio markers.

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